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And Rush That Order, Please!

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And Rush That Order, Please!

By Bessie Hammer

VACATION days are here again. The mercury rises and work becomes drudgery for the business man, the school teacher, the scientist. If he has the money and can spare the time he packs his golf clubs and bathing suit and follows the call of mountains, lakes or seashore, hoping to find rest and recreation for a few days, weeks or months, as the case may be.

Many a hard-working college student longs for such a vacation. But though he has time in abundance, lack of money presents an obstacle. The co-ed has solved this problem to some extent. Along with

her tennis racket, her hiking boots, her bathing suit and her sun-back dresses she packs a half dozen stiffly starched uniforms and a frilly head band or two. Thus equipped she is ready for a recreative and remunerative summer. As waitress, maid, or executive in a camp or summer resort she still has much free time for fun and sports, and so profits both physically and financially.

Each fall the 50 or so Iowa State girls who return from these positions bring glowing accounts of vacation fun, so that a couple of hundred more are inspired to try it, too. It is small wonder, then, that

the labor supply soon exceeds the demand. The Yellowstone Park Lodge and Camps Company alone, which has only 600 positions to be filled—receives annually 10,000 applications.

How, then, do girls get such positions? Some by personal acquaintance with employers, some by recommendations from friends or former employers, some by application or interview, some by reason of particular ability to entertain, some through agencies, and a few are placed by the Institutional Department each year.

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Luncheon—Mile High

By Mildred Ghrist Day

Home Economics Department, Kellogg Co.

LUNCHEON six thousand feet in the air!—not on a mountain, but in an airplane. A group of seven women, home economics experts, Detroit club women and newspaper women, had the opportunity of enjoying this unusual experience recently when Miss Mary I. Barber was hostess for the Ford Motor Company. She was assisted by Mrs. Mildred Ghrist Day, a member of her department of home economics at the Kellogg Company in Battle Creek, Michigan.

The new Ford de luxe club plane which we used is equipped with a kitchenette—one of the most interesting features of the plane. It is situated just opposite the entrance door of the plane in a small and compact compartment. A combination aluminum sink, drain board and hot plate, with shelves and closet space above and below are in this small space. Specially constructed felt-lined racks are provided for cups, saucers, plates, glasses and silverware. Every piece of equipment has a special niche. Running water is supplied from an overhead tank. The hot plate is heated by concentrated gas carried in a small tank concealed beneath the cabinet. There are ventilators and a window in the kitchen

to provide for the comfort of the chef. Some planes are equipped with refrigerators, but this one was not.

Serving meals aboard airplanes will soon be no longer a novelty, but at the present time the actual preparation of them aboard a heavier-than-air craft is a decidedly new experience. This was the first time that a dietetically planned meal has been cooked and served in the air.

There is a difference between eating in the air and on the ground. Flying is still quite novel and many people are affected by the excitement. This tends to upset digestion, so of course we served a luncheon which was crisp, light and savory. Rich foods often cause the passenger to be uncomfortable. Stimulants should be omitted—flying in itself is stimulating enough. Experienced pilots say that gingerale in small quantities is good to settle an upset stomach. If the ears "crack" due to the difference in air pressure, it is advisable to eat an apple to overcome this feeling.

Keeping in mind all of these suggestions, we planned our first luncheon. The first course was a hot consommé with crisp cheese wafers. Next we passed an attractive plate of ripe and green olives, celery and radishes arranged in a grapefruit basket. The main

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Mrs. Day prepares for guests.

And Events: The program, exhibits, special luncheons and dinners, scenic motor rides, the "Fry" at University of Colorado Recreation Camp.

Local Color: The Rocky Mountains

WHY I should belong to my state home economics Association

1. From a sense of professional pride.
2. Because I know my association is working to acquaint the general educators with the basic principals of Home Economics teaching.
3. Because I know my national organization is working for better legislation for the home.
4. Because I like to attend the state association:
 - A. It revives my belief in my job.
 - B. It gives me an opportunity of meeting those having the same problems as I have.
 - C. It gives me strength to fight on in the cause of a new profession.

Signed:

A Member.

Student Club Program for the Denver Meeting

Three half-day sessions are being planned for the student club group—Wednesday afternoon and Thursday and Friday mornings. At each of these an outstanding home economist will address the students, following which ample opportunity will be offered for student representatives to report on club activities and to discuss their problems.

Wednesday afternoon the program committee will give a tea to the club members and their advisors at which local members will furnish the entertainment. The annual student club dinner is scheduled for Wednesday evening, and the student club breakfast for Friday morning. Plans are under way for an exhibit of material which will be suggestive to club representatives and which will include such things as copies of programs for different kinds of club meetings, material for membership or money-raising campaigns, pictures illustrating club activities and other helpful and interesting articles. Clubs interested in contributing to this exhibit are urged to get in touch with the chairman of their state student club advisory committee.

—Bul. of the A. H. E. A.

And Rush That Order, Please!

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"But such work isn't always rosy", says One Who Knows. "We are prone to forget the unpleasant things—the inevitable early rising, the tedious hours spent in polishing tarnished silver, the waiting in line for the community bathtub and nerve racking attempts to please 17 disgruntled tourists all at once. We give our friends only the pleasant pictures—the fine friends we found amongst people from other college, the pleasant hikes and fish fries we had, and the biggest tips we made."

These are a few of the girls who will seek adventure this summer in camps in the East or in the West:

Louise Kallenberg—Y. W. C. A. Camp, Maine.

Ruth Dana—Head waitress, Okoboji.

Nancy Ruth Renaud—Housekeeper—Y. W. C. A. Camp, Okoboji.

Mary Irwin—Waitress, Yellowstone Park.

Marguerite Wherry—Waitress, Troutdale in the Pines, Colo.

Lila Whitehouse—Waitress, Troutdale in the Pines, Colo.

Evelyn Lucas—Waitress, Wisconsin.

Gladys Schmidt—Waitress, Elizabeth Inn, Colo. Springs.

Emmeline Sheldon—Waitress, Elizabeth Inn, Colo. Springs.

Emmeline Sheldon—Waitress, Elizabeth Inn, Colo. Springs

Helen Hager—Business Mgr. and Dietitian, Y. W. C. A. Camp, Ayra-Po, Somers, Conn.

Candace Secor—Counsellor and Ass't in Arts, Crafts, and General Projects—Y. W. C. A. Camp in Conn.

Hellen Gunn—Nature Advisor, Campfire Camp, Quincy, Michigan.

Florence Nelson—In Camp Near Chicago.

Betty Laros—Campfire Camp, Omaha, Nebr.

Kathryn Hatch—Counselor in Campfire Camp Hantessa, Boone.

Thelma Lowenberg—Waitress, Camp Sequinota, Charlevoix, Michigan.

Elsa Sindt—Waitress, Camp Sequinota, Charlevoix, Michigan.

Margaret Stewart—Waitress, Camp Sequinota, Charlevoix, Michigan.

Luncheon—Mile High

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course was a crisp salad of sliced cucumber and tomato, arranged beside a ring of mint jelly and cut pineapple. Hot all-bran muffins were served with the salad. Just before we left our dining room in the clouds and came down to earth, Corn Flake macaroons,

nuts and Kaffee Hag Coffee were served.

After a perfect landing at the airport in Dearborn one could hear exclamations on every side like these—"Thrilling!" "I'll never forget a moment of it!" "Did you see all three lakes at once?" (we were flying over the city of Detroit) and "I wish I might go again real soon!" So the first luncheon in the sky proved successful and don't be surprised if you find an invitation in your mailbox to attend an air luncheon. In due time they are bound to become popular, for more of these club planes are being built all of the time.

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